



the flow center  
HYPNOSIS. LIFE FLOWS AGAIN.

## About Hypnosis

**Learn more about hypnosis to attain your goals and balance your life.**

*Hypnosis has helped me open doors with hypnosis to my personal and professional life that I never thought possible. The positive outlook and outpouring of support is brilliant. Summer G – Dallas*

Hypnosis is a relaxed state of inner concentration, and has been extensively researched and found to have positive benefits. “Hypnosis works and the empirical support is unequivocal in that regard. It really does help people,” says Michael Yapko, PhD, a psychologist and fellow of the American Society of Clinical Hypnosis.



# Can Hypnosis Help?

Hypnosis for weight loss and smoking cessation are the common ones, here are other areas:

- ✓ Make better decisions. Improve concentration.
- ✓ Overcome procrastination.
- ✓ Especially during tax season.
- ✓ Manage your stress.
- ✓ Promote health and well-being.
- ✓ Increase your income.
- ✓ Attract and maintain worthwhile friendships/relationships.
- ✓ Discover your negative mental patterns and how they affect you.
- ✓ Free yourself from hostility, resentment, or fear of rejection.
- ✓ Select your goals in life; chart your course for their realization.
- ✓ Create a new personal philosophy.
- ✓ Gain a happier home life; become a better husband, wife, parent, or partner.
- ✓ Acquire the ability to relax completely in any situation.



# How Group Hypnosis to Quit Smoking Works.

**Group Hypnosis to quit smoking includes the 6 elements for permanent personal change.**

**Have you tried to quit smoking and failed?**

**You are not alone, most people (according to Psychology Today quit an addiction 4-5 times before they are successful.**

**Why is that?**

Why is it so hard to change a habit like smoking especially since it makes so much sense to quit?

It is widely known that hypnosis is effective at helping a person to quit smoking because it works with the way the subconscious operates. It is possible in hypnosis to change the way someone views themselves, as a non smoker, or the way they view cigarettes, as disgusting, etc.

However, it is critical to permanent behavior change to review these other areas and make the changes necessary so the person can quit smoking permanently. This is what we do in the group hypnosis to quit smoking class.



# Valerie Grimes, CCHt and Director

**Hypnotist Valerie Grimes is a recognized master at helping people overcome their negative belief systems, false opinions, and self-defeating habits that reside in their subconscious minds. Those blocks consistently sabotage people's relationships, health, and opportunities for success in business and other important realms of their lives and prevent people from 'Being On Purpose.'** A 2002 graduate of the Dallas Hypnosis Training Institute who is also certified by the American Council of Hypnotist Examiners, Valerie combines her skills in hypnosis with her own difficult life experiences and an understanding of human behavior gained through working with a wide variety of clients with diverse backgrounds.





# **Hypnosis Helps You Turn Over A New Leaf. Book Appointment.**

**THE FLOW CENTER  
OAK LAWN/DALLAS**

**Monday-Fridays (10am-7pm, closed 12-1pm)**

**Saturday, by appointment**

**3303 Lee Parkway, #335**

**Dallas TX 75219**

**<http://dallashypnosisprograms.com>**

**Call Valerie Grimes at 972-974-2094 to book your hypnosis  
consultation. Or send email thru the form above.**

